

Abstracts

Title: Acute effect of warming up on the speed of tennis serve

Objectives: Compare the influence of a dynamic warm-up with tennis racquet, dynamic warm up with elastic resistance and dynamic warm-up with medicine ball on the speed of tennis serve.

Methods: To fulfil the aim it was to use the radar Stalker Pro II. The obtained results after each warm-up has been processed to the average and maximum values and then compared with each other.

Results: In this work, it is not possible to confirm acute positive influence of the specific dynamic warm up. In terms of average and maximum values after single warming up it was evident, that the lowest values were obtained after dynamic warm up with elastic resistance and the maximum values were achieved after dynamic warm up with medicine ball at category of kids and after dynamic warm with tennis racquet at category of adults

Keywords: tennis serve, speed, warming up, dynamic stretch